





DECEMBER





| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|-----------|
| To Contact a Breastfeeding Counselor near you: BF Coordinator: (240) 880-1893 HC: (301) 820-5027/HC: (301) 820-5026 SGH: (301) 820-5029 WAH: (301) 820-5028 GT: (240) 744-1043 GB: (240) 780-3066 L/TP: (240) 638-1157 WT: (240) 880-1897 GRN: (240) 624-2271 | | Legend: GT- Gaithersburg GB-Greenbelt WT-Wheaton SS-Silver Spring GRN-Germantown L/TP-Langley/Takoma Park SGH-Shady Grove WAH-Washington Adventist HC-Holy Cross * Spanish | Clinic Phone Numbers GB: 301-840-8339 GT:301-515-7576 L/TP: 301-439-7373 or 301-439-7375 SS: 301-438-7456 WT: 301-933-6680 GRN: 240-638-1270 | | | 1 |
| 2 | 3 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 4 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | 5 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | 6 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP:BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT:BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | 7 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 8 |
| 9 | 10 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 11 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | 12 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | 13 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP:BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | 14 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 15 |
| 16 | 17 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 18 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | 19 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | 20 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP:BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | 21 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 22 |
| 23/30 | 24/31 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 25 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm | 26 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm | 27 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP:BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am | 28 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 29 |

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| | | Walk-in BF Hours – 8a-4:30pm | Walk-in BF Hours 8a-4:30p | BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | | |
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|  | <h1 style="text-align: center;">JANUARY</h1> | | | | |  |
|---|---|---|--|--|--|---|
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| 6 | 7 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 8 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | 9 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | 10 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | 11 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 12 |
| 13 | 14 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p WT: BF Support 1pm* Walk-in BF Hours – 8a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 8a-4:30p | 15 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | 16 GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | 17 GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | 18 GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |

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| | Clinics Closed | GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Support 1pm BF Basics 3pm Walk-in BF Hours 8a-4:30pm WT: BF Support 1pm Walk-in BF Hours – 8a-4:30pm | GB: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours – 8:30a-5p L/TP: BF Support 1pm Walk-in BF Hours 8a-4:30pm GRN: BF Basics 10am BF Support 1pm Walk-in BF Hours 8a-4:30p | GT: BF Basics 10-11am BF Support 2-3pm Walk-in BF Hours 8a-4:30p L/TP: BF Basics 10-11am BF Support 11a-12p, 1-2p BF Walk-in Hours 8a-4:30p WT: BF Basics 10-11am BF Support 1pm* Walk-in BF Hours – 8a-4:30pm | GB: BF Support 2-3pm Walk-in BF Hours – 10:30a-4:30p WT: BF Support 10am Walk-in BF Hours 10:30a-4:30pm GRN: BF Support 1pm Walk-in BF Hours 10:30a-4:30p | |
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|  | | <h1>FEBRUARY</h1> | | | |  |
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